

The One Thing | Week 01

The Bridge of Anxiety | September 3rd and 7th

What is the Issue anyway?

We are living in an age of _____.

We are a people who do not understand the power of _____ - _____.

Anxiety is the _____ and the _____.

What wisdom does Scripture offer us? Luke 10:38-42

Martha knew the importance of _____.

Mary knew the importance of the _____.

Martha was playing “_____ - _____ - _____” with her anxiety.

Martha never thought to pause and _____ to her anxiety.

Jesus named Martha’s _____ and brings her to the question of “Why?”

Jesus knew that anxiety was the _____ speaking to the _____.

Jesus was speaking of the _____ in that moment.

The key word is _____.

THE POINT

Anxiety is messenger from the soul inviting you to _____ unmet needs and unhealed places in your life.

The spiritual word for anxiety might be _____.

Toxic conviction is _____.

What about tomorrow and your everyday, normal life?

Stop greeting your anxiety with _____ and _____.

Anxiety is the footbridge into the true self that longs for _____.

Anxiety becomes toxic when we work to _____ it rather than learn and take _____ from it.

Start greeting your anxiety with _____, _____, _____ and _____.

How does this bring Peace and Hope to us and our neighbors?

When we welcome anxiety, do the hard work and trust the Spirit to guide us into the unmet needs and unhealed places of our lives, we will experience _____, _____ and _____.

What is God inviting you into today?

1. Understand that I don’t walk the bridge of anxiety alone
2. Email me information about this week’s webinar on Anxiety and Depression.
3. Start my journey into anxiety by trusting that God is present in my anxiety.
4. My anxiety has turned toxic and condemning. I need to find a therapist who can help guide me as I trust that God’s spirit is inviting me to grow.